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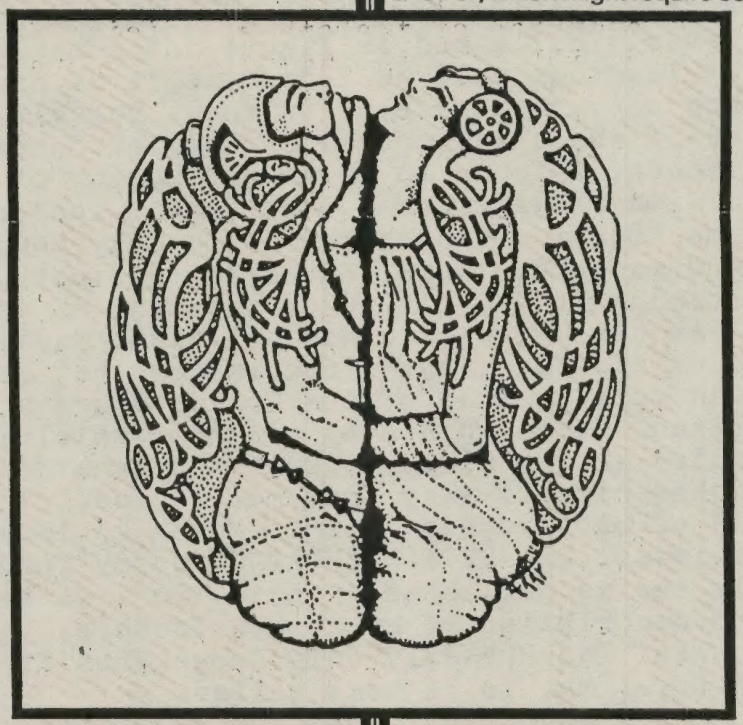
Hemisync and Dreaming

by Dan Russell

I have been listening to the (Robert Monroe) Hemisync tapes since 1980 when I attended a Monroe Institute Gateway weekend. The Gateway is at the beginning of the "Mind awake, body asleep" Hemisync state. Hemisync allows both hemispheres of the brain to focus on the same state of awareness simultaneously. The goal of Hemisync is to learn the different states of consciousness and reproduce them at will without use of the tapes. Hemisync was a definite aid in moving through what I experienced as Kundalini Arousal in 1981 and '82 in that my whole being was involved. Prior to that I had adopted many of Ann Faraday's dream interpretation methods, some of the Senoi, and tiny amounts of Carl Jung. Once beyond Kundalini Arousal I found that array of interpretational gear inadequate, and in the Sethian manner I began to explore and extrapolate by myself. I began to notice and catalog different vibrational dreaming states by feel.



I believe there is a point where the ego must let go to Soul or God or Inner Being, yet remain within the action as an observor. Hemisync has helped me to hold that kaleidoscopically changing focus, between the ego and inner ego first, then between the inner ego and what lies beyond, by the simple use of feeling. I sometimes use inner vision and other times concentrate on my dream hands or feet to hold the focus. In all of this sometimes fearful, sometimes hilarious, often exhilerating exploration I have been tremendously helped by developng the ability to maintain those dreaming states. This has in turn facilitated the processing of dreams and what I call dream catalyst.

Dream catalyst is an offering by my inner self, a chance to change my beliefs. To use it, I maintain light trance between the dream and being awake. Sometimes I hold a dream image in mind, sometimes a verbal dream statement. For example, I might use dream catalyst to resolve an issue of fear by asking "What belief did that illustrate?" and await an answer in verbal or image form. When I get a linear statement of whatever belief has been illustrated or presented for catalytic change, I can decide if the statement is true or false. Every belief change I make results in an instantaneous experiential shift.

When a dream statement seems unlcear I discovered that if I mentally stated, "That also translates as ... " and added a big black punctuation mark (colon), held the focus and listened to the next words that came, I got another version, sometimes two or three more different translations of the original phrase, sometimes with an accompanying image to clarify. Or I hold a dream image and ask my subconscious mind "What does this symbol-ically illustrate?" to explain personal symbols. Then I wait for the answer, which might require several more question-and-translations.

During one of these sessions my subconscious mind said, "Oh, that was to seed forgetting dreams," in reference to a dream I had in 1979. Now I use that technique to seed remembering dreams, and becoming lucid in them. Sometimes holding a dream image for clarification takes what seems like a long time, but if I get up to go to the bathroom I am hard put to reach the same state again by lying back down. With this technique I can isolate a feeling or color for explanation and I have found something like sixteen different color/mind rays. I have also used it to program a "What happened?" dream any time I want to look at the waking state from the dreaming viewpoint.

Throughout, an attitude of detachment stands me in good stead. Recently a dream dog (representing a problem that had been "dogging" me for years) got on my back and wouldn't get off. It was irritating but I relaxed, and using the dream catalyst technique, changed it into several small puppies at my feet. I next dreamt that I was being replaced at a dining table by a year old baby, causing a feeling of intense sadness. When I woke up I realized that the self who was replaced was a probable self and the baby was symbolic of the official me. Rather than give in to that awful feeling of being the part of the self who is lost, I relaxed as the growing baby. My problem with bodily ageing was gone.

In the last few years I have used only Hemisync tapes from the Metamusic series, which contain none of Robert Monroe's instructions. The sound patterns in them are varied, to say the least. They are a source of unlimited fun.

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